From soup to dessert

WITH

Minute Tapioca

PUBLISHED BY MINUTE TAPIOCA
COMPANY INC.

VARIETY AND SUCCESS IN COOKING

Guide to Minute Tapioca Cook Book

THE uses of Minute Tapioca may be divided into two major divisions—the dessert division and the precision ingredient division. In this cook book you will find desserts, puddings, and other tempting end-of-the-meal dishes under *Minute Tapioca Dessert Recipes.* The uses of Minute Tapioca as a precision ingredient, to insure ideal texture, flavor, and appearance for many dishes prepared in general cooking, are given under *Precision Ingredient Recipes.* A complete guide and index to this cook book is given below.

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1928

Introduction to Revised Edition

THE former edition of the famous Minute Tapioca Cook Book was compiled in order to give you a booklet of choice recipes that would further acquaint you with the uses of this versatile product.

This book has such revisions and additions as we feel sure will make the Minute Tapioca Cook Book more helpful to you than ever before. The 78 recipes in this book are the result of a world-wide contest. 121,619 housewives at home and abroad sent us their favorite recipes. From this vast number, the judges selected 78 recipes as the ones that would lend greater variety to your meals, make new economies possible, and help you in maintaining your reputation as a skilled cook.

The judges in this contest were the following ably-qualified women: Miss Mabel Jewett Crosby, Home Economics Editor of the *Ladies' Home Journal;* Miss Katherine A. Fisher, Director of Good Housekeeping Institute; and Mrs. Elizabeth A. MacDonald, Professor of Home Economics, Boston University, College of Practical Arts and Letters.

This new edition of the Minute Tapioca Cook Book has been retested and revised by the educational department of the Minute Tapioca Company. It contains recipes not only for an amazing variety of delicious and economical desserts, but also points out the importance of Minute Tapioca as a children's food and shows in a large variety of recipes how Minute Tapioca as a precision ingredient helps to insure more complete success in cookery.

You will, therefore, find this Minute Tapioca Cook Book divided into three sections: Minute Tapioca in a wide range of wonderful desserts; Minute Tapioca as a precision ingredient in a variety of soups, soufflés, omelets, and entrées; and Minute Tapioca in the diets of children.

Delightful Desserts for the Adult—Ideal for the Child

NOTHING gives the housewife more satisfaction than to serve her family a delicious and economical home-made dessert. The popularity of Minute Tapioca rose by leaps and bounds when women learned how to make an infinite variety of luscious puddings and tempting desserts with this versatile product.

No other dessert ingredient offers such amazing variety, such remarkable economy of time and work. None other is more easily digested.

It is literally true that you can serve a different Minute Tapioca dessert every day for more than a month without exhausting the possibilities of this many-sided ingredient. Every Minute Tapioca dessert is a *different* dessert, for Minute Tapioca is so delicate in flavor and smooth in texture that it blends with the most subtle flavors instantly, perfectly.

One Dessert for the Whole Family

Grown-ups and children alike eat Minute Tapioca desserts with zest. It is unnecessary to go to the trouble of preparing special desserts for the children when a Minute Tapioca dessert is ready for the table. The same dish that adults eat with such relish pleases the children and is good for them as well.

For a Minute Tapioca dessert is something more than just a sweet to top off the meal. It is an ideal course for children because it is extremely healthful and nourishing, as well as wonderfully good to eat.

Here are 37 tempting, different *Desserts*

The desserts in this book are the treasured recipes from enthusiastic housewives all over the country. Some are simple desserts—a tapioca cream with the foamy delicacy of a chef's soufflé. Some are "company" desserts which you will be proud to serve to your guests. But whether the dessert you serve be simple or elaborate, every Minute Tapioca dessert looks and tastes so good that it will be a favorite with young and old.

Creams, Puddings, and Fruit Tapiocas

ALL MEASUREMENTS ARE LEVEL

MINUTE TAPIOCA CREAM

⅓ cup Minute Tapioca
½ cup sugar
¼ teaspoon salt
1 quart milk, scalded
1 egg yolk, slightly beaten
1 teaspoon flavoring
1 egg white, stiffly beaten

Cook Minute Tapioca, sugar, and salt in milk in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from heat and add vanilla, orange, or any flavoring desired. Fold in egg white. Chill. Serve in sherbet glasses garnished with whipped cream and a few berries or pieces of fruit. Serves 8.

This pudding is delicious poured over fruit or berries, fresh or canned. Raisins, prunes, figs, dates, or nuts may be stirred into it while cooling.

Chocolate Minute Tapioca

CHOCOLATE MINUTE TAPIOCA

2 squares Baker's Unsweetened Chocolate, melted
6 tablespoons sugar
⅛ teaspoon salt
1 quart milk, scalded
6 tablespoons Minute Tapioca
1 teaspoon vanilla

Add chocolate, sugar, and salt to milk. When blended, add Minute Tapioca and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add vanilla and chill. Serve with sweetened whipped cream. Serves 8.

MAPLE COCONUT CREAM

¼ cup Minute Tapioca
½ teaspoon salt
2 tablespoons cornmeal
1 cup brown sugar
⅓ cup Baker's Coconut, Southern Style
1 quart milk, scalded
2 tablespoons butter

Mix dry ingredients, add to milk, and cook in double boiler 10 minutes, stirring frequently. Add butter. Pour into greased baking dish and bake in moderate oven (350° F.) 45 minutes. Serves 8.

BERRY MINUTE TAPIOCA

1 pint berries
½ cup Minute Tapioca
½ cup sugar
1 teaspoon butter
¼ teaspoon salt
3 cups hot water or berry juice
1 tablespoon lemon juice

Crush berries, sweeten to taste, and let stand 1 hour. Cook Minute Tapioca, sugar, butter, and salt in water or juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from heat; stir in berries and lemon juice. Chill until firm. Serve with sweetened whipped cream. Serves 8.

Fresh raspberries or loganberries may be used, or any sort of canned berry. Canned berries should be drained, sugar should be omitted, and juice should be used to replace part of the water.

Berry Minute Tapioca

GINGER MINUTE TAPIOCA

¼ cup Minute Tapioca
¼ teaspoon salt
3 thin strips orange peel
2 cups milk, scalded
⅓ cup sugar
¼ cup orange juice
1⅓ tablespoons ginger syrup
2 tablespoons preserved ginger, chopped
1 egg yolk, slightly beaten
1 egg white, stiffly beaten
1 tablespoon sugar
½ cup cream, whipped

Add Minute Tapioca, salt, and orange peel to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove orange peel. Add sugar, orange juice, ginger syrup, and preserved ginger. Pour small amount of mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Cool. Fold in egg white and chill. Add sugar to whipped cream and fold into mixture. Serve in sherbet glasses. Garnish with whipped cream and preserved ginger. Serves 6.

ORANGE MINUTE TAPIOCA CREAM

⅓ cup Minute Tapioca
½ cup sugar
¼ teaspoon salt
1 quart milk, scalded
1 egg yolk, slightly beaten
1 egg white, stiffly beaten
1 teaspoon orange or vanilla extract
4 oranges, sections free from membrane

Add Minute Tapioca, sugar, and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from heat, fold in egg white and flavoring. Place few sections of orange in bottom of individual serving dishes and cover with pudding. Garnish with additional sections, and whipped cream, if desired. Serves 8.

HONEY FRUIT MINUTE TAPIOCA

¼ cup Minute Tapioca
¼ teaspoon salt
2 cups hot water
1 cup dates, coarsely chopped
½ cup raisins
½ cup walnuts, coarsely chopped
½ cup honey
½ cup water
1½ cups apples, pared and sliced

Cook Minute Tapioca and salt in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Mix dates, raisins, nuts, honey, and ½ cup water. Heat 5 minutes, stirring constantly. Add with apples to tapioca mixture. Pour into greased baking dish and bake in moderate oven (350° F.) 30 minutes, or until apples are tender. Serve hot or cold with cream. Serves 8.

APPLE MINUTE TAPIOCA

½ cup Minute Tapioca
1 teaspoon salt
1 quart hot water
6 tart apples, pared and sliced
1 cup sugar
½ teaspoon nutmeg
1 teaspoon cinnamon
2 tablespoons butter

Cook Minute Tapioca and salt in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place layer of apples in greased baking dish; sprinkle with sugar and spices, and dot with butter. Cover with tapioca mixture. Repeat until all ingredients are used. Bake, covered, in moderate oven (350° F.) 30 minutes, or until apples are soft. Serve with cream. Serves 8.

MAPLE WALNUT MINUTE TAPIOCA

⅓ cup Minute Tapioca
½ teaspoon salt
1 cup Log Cabin Syrup
2 cups milk, scalded
1 egg yolk, slightly beaten
⅔ cup walnuts, chopped
1 egg white, stiffly beaten

Add Minute Tapioca, salt, and syrup to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg yolk, stirring vigorously. Return to double boiler and cook until mixture is thickened. Cool. Add walnuts, and fold in egg white. Serve in sherbet glasses, garnished with halves of nuts and whipped cream, or with top milk. Serves 6.

GRAPE APPLE PUDDING

5 tablespoons Minute Tapioca
½ teaspoon salt
1 cup hot water
1 cup hot grape juice
1 cup sugar
⅛ teaspoon nutmeg
½ cup walnuts
6 tart apples, pared, cored, and quartered

Cook Minute Tapioca and salt in water and grape juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar, nutmeg, walnuts, and apples. Cook 5 minutes more. Pour into greased baking dish. Bake in moderate oven (350° F.) 30 minutes, or until apples are tender. Serve with sweetened whipped cream. Serves 8.

PINEAPPLE CAKE CRUMB PUDDING

3 tablespoons Minute Tapioca
¼ cup sugar
⅛ teaspoon salt
2 cups milk, scalded
1 egg yolk, beaten light
½ teaspoon vanilla
1 egg white, stiffly beaten
1 cup stale cake, crumbled
½ cup pineapple juice
1 cup heavy cream, whipped
1 slice pineapple

Add Minute Tapioca, sugar, and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg yolk, stirring vigorously. Return to double boiler and cook until mixture is thickened. Add vanilla, fold in egg white, and cool. Line sherbet glasses with cake crumbs. Pour pineapple juice on crumbs and let soak. Fill glasses with tapioca mixture. Chill. Garnish with whipped cream and small pieces of sliced pineapple. Serves 6.

BUTTERSCOTCH PINEAPPLE PUDDING

⅓ cup Minute Tapioca
¼ cup sugar
¼ teaspoon salt
1 quart milk, scalded
1 egg yolk, slightly beaten
¾ cup brown sugar
6 tablespoons butter, melted
1 cup crushed pineapple
⅓ cup nuts, cut fine
1 egg white, stiffly beaten

Cook Minute Tapioca, sugar, salt, and milk in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg yolk, stirring vigorously. Return to double boiler and cook 1 minute. Cool. Add sugar to butter and stir constantly until melted. Add pineapple and nuts. Stir into tapioca mixture. Fold in egg white. Chill. Serve with whipped cream, garnished with nuts. Serves 8.

RHUBARB MINUTE TAPIOCA

3 cups rhubarb, cut in small pieces
½ cup Minute Tapioca
1½ cups hot water
1¼ cups sugar
½ teaspoon salt

Add rhubarb and Minute Tapioca to water. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar and salt. Cook a few minutes longer until sugar is dissolved. Chill and serve with whipped cream. Serves 6.

PEANUT BUTTERSCOTCH

¼ cup Minute Tapioca
⅛ teaspoon salt
2 cups milk, scalded
1 tablespoon butter
½ cup brown sugar
¼ cup peanuts, chopped

Add Minute Tapioca and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Melt butter and sugar in saucepan and cook until brown; then stir into tapioca mixture and cook until butter scotch is dissolved. Add peanuts and chill. Serve in sherbet glasses and top with whipped cream. Serves 4.

DATE BUTTERSCOTCH PUDDING

¼ cup Minute Tapioca
⅛ teaspoon salt
2 cups hot water
3 tablespoons butter
6 tablespoons brown sugar
½ teaspoon vanilla
1 cup dates, chopped

Cook Minute Tapioca and salt in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Melt butter in saucepan, add sugar and stir until melted. Add tapioca mixture, vanilla, and dates. Pour into greased baking dish and bake in moderate oven (350° F.) 30 minutes. Serve hot with cream. Serves 6.

Date Butterscotch Pudding

STRAWBERRY CUSTARD CAKE

6 tablespoons Minute Tapioca
¼ cup sugar
½ teaspoon salt
2½ cups milk, scalded
1 egg yolk, slightly beaten
4 tablespoons butter
⅔ teaspoon vanilla
1 quart strawberries, slightly crushed
⅔ cup sugar
1 egg white, stiffly beaten

Plain layer cake

Add Minute Tapioca, sugar, and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg yolk, stirring vigorously. Return to double boiler and cook until mixture is thickened Remove from heat, add butter and vanilla. When lukewarm, stir in berries sweetened with ⅔ cup sugar. Fold in egg white. Chill and spread between layers and over top of cake. Serve at once. Serves 8.

Raspberries or blackberries may be used. The Minute Tapioca basis furnishes a pleasing substitute for the rich and expensive whipped cream.

DEEP DISH APPLE TAPIOCA

⅓ cup Minute Tapioca
¼ teaspoon salt
¼ cup molasses
2½ cups hot water
3 apples, thinly sliced
1 cup raisins
½ cup sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon
2 tablespoons butter

Cook Minute Tapioca, salt, molasses, and water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place apples in greased baking dish. Add raisins, sprinkle with sugar, nutmeg, and cinnamon, and dot with butter. Add tapioca mixture and bake in moderate oven (350° F.) 30 minutes, or until apples are soft. Serve hot or cold with lemon, maple, or hard sauce, or garnish with whipped cream. Serves 5.

Deep Dish Apple Tapioca

PEACH MINUTE TAPIOCA

4 fresh peaches, or
8 halves canned peaches
Sugar to taste
⅓ cup Minute Tapioca
1 quart milk, scalded
½ cup sugar
¼ teaspoon salt
1 egg yolk, slightly beaten
1 tablespoon butter
1 teaspoon vanilla
1 egg white, stiffly beaten

Slice peaches into bowl. Sweeten to taste. Cook Minute Tapioca in milk in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar and salt. Pour part of mixture over egg yolk, mixing well. Return to double boiler and cook until mixture is thickened. Add butter and cool. Fold in vanilla and egg white. Pour over fruit. Chill. Serve garnished with peaches or whipped cream. Serves 8.

INDIAN PUDDING

⅓ cup Minute Tapioca
5 cups milk, scalded
⅓ cup cornmeal
⅓ cup sugar
¾ cup molasses
1 tablespoon butter
1½ teaspoons salt
½ teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon cinnamon
1 cup raisins, or
2 cups tart apples, sliced

Add Minute Tapioca to milk and cook in double boiler 10 minutes, stirring frequently. Add cornmeal, sugar, molasses, butter, salt, and spices. Stir until mixture thickens. Add raisins or apples. Pour into greased baking dish. Set in hot water and bake in slow oven (300° F.) 1 hour, stirring occasionally. Serve with hard sauce or plain cream. Serves 8.

GRAHAM PUDDING

2 tablespoons Minute Tapioca
6 tablespoons sugar
½ cup rolled Graham crackers
½ teaspoon salt
3 cups milk, scalded
½ cup raisins
1 teaspoon vanilla
2 tablespoons butter
1 tablespoon lemon juice
¼ teaspoon nutmeg
1 egg, beaten light

Add Minute Tapioca, sugar, Graham crackers, and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add raisins, vanilla, butter, lemon juice, and nutmeg. Pour slowly over egg, stirring vigorously. Pour into greased baking dish and bake in moderate oven (350° F.) 30 minutes. Serve with sweetened whipped cream. Serves 6.

BANANA MAPLE MINUTE TAPIOCA

½ cup Minute Tapioca
¾ cup Log Cabin Syrup
½ teaspoon salt
1 quart milk, scalded
2 egg yolks, slightly beaten
3 ripe bananas, pressed through sieve
1 teaspoon vanilla
2 egg whites, stiffly beaten

Add Minute Tapioca, syrup, and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook until thickened. Remove from heat; add banana pulp and vanilla. Cool, fold in egg whites and chill. Serve with whipped cream. Serves 8.

BANANA NUT MINUTE TAPIOCA

¼ cup Minute Tapioca
½ teaspoon salt
2 cups hot water
⅔ cup sugar
1 egg yolk, beaten light
3 tablespoons lemon juice
2 bananas, sliced
½ cup salted peanuts, chopped
1 egg white, stiffly beaten

Cook Minute Tapioca and salt in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Pour small amount of mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from heat, add lemon juice, bananas, and nuts. Cool. Fold in egg white. Chill and serve with whipped cream and peanuts. Serves 6.

MINUTE TAPIOCA ICE BOX PUDDING

½ cup Minute Tapioca
2 cups hot grape juice
1 cup sugar
¼ cup orange juice
10 maraschino cherries, cut fine
2 tablespoons juice from maraschino cherries
1½ dozen lady fingers or strips of sponge cake

Cook Minute Tapioca and grape juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Remove from heat and add orange juice, cherries, and cherry juice. Cool. Before tapioca mixture thickens, pour it into greased mold lined with split lady fingers or strips of sponge cake. Chill in refrigerator 12 hours. Unmold, slice, and serve with whipped cream. Serves 8.

GRAPE MOLD

5 tablespoons Minute Tapioca
½ teaspoon salt
2 cups hot grape juice
½ cup sugar
1 cup pineapple, shredded
1 cup marshmallows, quartered (if desired)
2 egg whites, stiffly beaten
Lady fingers or strips of sponge cake

Add Minute Tapioca and salt to grape juice and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Stir in sugar. Remove from heat and add pineapple. When partially cooled, stir in marshmallows and fold in egg whites. Arrange split lady fingers in glass bowl or in sherbet glasses. Pour in mixture and chill. Serve with whipped cream. Serves 8.

COCONUT CREAM TAPIOCA

1 quart milk
¼ teaspoon salt
3 tablespoons Minute Tapioca
1 cup sugar
4 tablespoons Baker's Coconut, Southern Style
4 egg yolks, slightly beaten
½ cup sugar
4 egg whites, stiffly beaten
½ cup Baker's Coconut, Southern Style

Scald milk in top of double boiler. Add salt and Minute Tapioca and cook 15 minutes, or until clear, stirring frequently. Mix sugar, coconut, and egg yolks; combine with tapioca mixture, stirring vigorously. Continue cooking until slightly thickened, stirring constantly. Pour into greased baking dish. Fold sugar into egg whites and pile lightly on top of tapioca mixture. Cover with coconut. Bake in slow oven (300° F.) about 15 minutes, or until a golden brown. Serves 8.

FIG TAPIOCA

3 tablespoons Minute Tapioca
⅛ teaspoon salt
1 teaspoon butter
3 cups water
½ pound figs, cut fine
1 cup sugar
½ teaspoon vanilla
1 tablespoon lemon juice
Grated rind ½ lemon

Cook Minute Tapioca, salt, butter, and 2 cups water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cook figs with sugar and 1 cup water 20 minutes, or until smooth and thick. Add to tapioca mixture. Add vanilla, lemon juice, and rind. Serve cold with whipped cream. Serves 6.

APRICOT MINUTE TAPIOCA

¾ pound dried apricots
3 cups water
3 tablespoons Minute Tapioca
⅛ teaspoon salt
½ cup sugar

Wash apricots. Soak in 3 cups water for 1 hour, and cook until tender. Drain. To juice add enough water to make 2 cups liquid. Add Minute Tapioca and salt and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Cool. Force apricots through sieve. Fold pulp (about 1 cup) into tapioca mixture. Chill and serve with whipped cream. Serves 6.

PINEAPPLE MINUTE TAPIOCA

½ cup Minute Tapioca
½ cup sugar
¼ teaspoon salt
1 quart hot liquid—juice and water
1 cup canned pineapple, grated or cut fine

Cook Minute Tapioca, sugar, salt, and water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add pineapple and chill. Serve with whipped cream. Serves 8.

If fresh fruit is used it should be sweetened to taste, and allowed to stand ½ hour or more. Any fruit juice may be used as part of liquid.

Pineapple Minute Tapioca

Why Skilled Cooks Call Minute Tapioca a Precision Ingredient

VERY probably you, like most women, know Minute Tapioca only as the incomparable dessert ingredient that it really is. But to limit Minute Tapioca to use in desserts only, is to disregard its wide range of other uses in the realm of cookery.

Minute Tapioca has recently taken on a new and important culinary significance. Food experts have come to rely upon it as an ingredient that takes much of the guesswork out of cooking. For Minute Tapioca used in certain types of recipes can prevent discouraging failures and insure successful results. This unique quality makes Minute Tapioca a *precision ingredient.* Used in this way, Minute Tapioca gives to many dishes that ideal appearance, flavor, or texture that is otherwise difficult to attain.

With Minute Tapioca you can make a delicious omelet that does not fall; is not tough and leathery. The tapioca strengthens the cell walls of the beaten eggs and adds a gratifying smoothness. Here Minute Tapioca is the precision ingredient that

Meat Loaf (*see page 22*)

makes it possible for you to make a perfect omelet easily, every time. An omelet that is tender, moist, and fluffy —one that stays light even while it is being served and eaten.

Meat extenders are all very well, but they do often veil the flavor of the meat and result in a meat loaf or a croquette that is either too dry or too soggy. Minute Tapioca, because of its delicacy leaves the flavor of the meat intact, while at the same time it is an ingredient that holds the other ingredients together in a deliciously moist and appetizing dish.

You know how hard it is to make a luscious sandwich filling that will be agreeably moist and yet not soak into the bread. But when you combine Minute Tapioca in a filling you get just the ideal moist consistency with the unchanged flavor and color of the other ingredients. Think of being able to make your sandwiches six to eight hours before they are to be eaten—and still being assured that they will be just as perfect as when you made them!

Used as a precision ingredient Minute Tapioca can convert bits of left-over chicken, cold meat, fish or vegetables into one of the delicious entrées described on pages 19, 20, 21, 22, and 23.

Tomato Bisque, made according to the recipe on page 19, is simpler to make than the ordinary Tomato Bisque. Minute Tapioca used as thickening in soups gives a texture that is agreeably different and a translucence that is unusually attractive.

Try the soufflé recipe given on page 26. Minute Tapioca gives it a master touch that makes it melt in your mouth.

Pies

PLAIN PASTE

2 cups sifted Swans Down Cake Flour
½ teaspoon salt
½ cup butter or other shortening
⅓ cup cold water

Sift flour once, measure, add salt and sift again. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with knife or spatula until dough cleans bowl of all flour and paste. Use as little water as possible. Makes one 9-inch 2-crust pie or two 9-inch pie shells or 18 tart shells.

Pastry shells may be made either by lining the tin (as for 2-crust pies) or by inverting the tin and shaping the pastry over the back. They should then be pricked with a fork before baking. Bake in hot oven (425° F.)15 to 18 minutes.

LEMON PIE

½ cup Minute Tapioca
¼ teaspoon salt
3 cups hot water
2 cups sugar
2 tablespoons butter
2 egg yolks, beaten light
¾ cup lemon juice
Grated rind 2 lemons
1 baked 9-inch pie shell, or
12 tart shells

4 tablespoons sugar
2 egg whites, stiffly beaten

Cook Minute Tapioca and salt in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar and butter. Pour small amount over egg yolks, stirring vigorously. Return to double boiler and cook until mixture is thickened. Add lemon juice and rind and cool. Fill pie shell. Cover with meringue made by folding 4 tablespoons sugar into egg whites. Place in moderate oven (350° F.) 15 minutes to brown.

RAISIN PIE

¼ cup Minute Tapioca
¼ teaspoon salt
6 tablespoons sugar
1 cup raisins
2 cups hot water
1 egg, slightly beaten
3 tablespoons lemon juice
Grated rind ½ lemon
1 tablespoon butter
1 baked 9-inch pie shell

Cook Minute Tapioca, salt, sugar, and raisins in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour mixture slowly over egg, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire; add lemon juice, rind, and butter. Cool. Fill pie shell. Serve with whipped cream.

BANANA PIE

6 tablespoons Minute Tapioca
½ teaspoon salt
2 cups milk, scalded
1½ cups brown sugar
4 tablespoons butter
4 egg yolks, slightly beaten
1 tablespoon lemon juice
Grated rind ½ lemon
2 cups banana pulp
4 egg whites, stiffly beaten
2 bananas, sliced
1 baked 9-inch pie shell

¼ cup sugar
1 cup heavy cream, whipped

Add Minute Tapioca and salt to milk in double boiler and cook 15 minutes, or until tapioca is clear, stirring frequently. Stir in sugar and butter. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler, and cook until mixture is thickened. Add lemon juice, rind, and banana pulp. Fold in egg whites and cool. Fill pie shell. Cover with sliced bananas and spread layer of sweetened whipped cream over top.

GOLDEN SURPRISE

¼ cup Minute Tapioca
¼ cup sugar
1 teaspoon salt
½ teaspoon ginger
½ teaspoon cinnamon
⅓ cup Log Cabin Syrup
1 cup raw carrots, grated
2 cups milk, scalded
1 egg yolk, beaten light
1 egg white, stiffly beaten
2 tablespoons sugar
1 baked 9-inch pie shell, or
12 small tart shells

Add Minute Tapioca, sugar, salt, spices, syrup, and carrots to milk. Cook in double boiler 35 minutes, stirring frequently. Pour small amount of mixture over egg yolk, stirring constantly. Return to double boiler and cook until mixture is thickened. Cool. Fill pie shell or tart shells. Cover with meringue made by folding 2 tablespoons sugar into egg white. Bake in moderate oven (350° F.) 15 minutes.

STRAWBERRY PIE

1 recipe Plain Paste
1 quart strawberries, washed and hulled
1½ cups sugar
4 tablespoons Minute Tapioca

Line a 9-inch pie tin with half of paste rolled to ⅛-inch thickness. Mix berries and sugar and fill pie shell with this mixture. Sprinkle Minute Tapioca over top. Adjust upper crust as for Rhubarb Pie. Bake in hot oven (425° F.) 20 minutes, then decrease heat to moderate oven (350° F.) and bake 20 minutes longer, or until filling is cooked.

This amount of Minute Tapioca may be used with all juicy berries, such as blackberries, cherries, and raspberries, to keep the juices from boiling over into the oven. Strawberry Pie thickened with Minute Tapioca also has the natural color of the strawberry and a beautiful transparency.

MINUTE TAPIOCA CHERRY PIE

1 recipe Plain Paste
1 can seeded red cherries, drained
½ cup sugar
½ cup juice from cherries
3 tablespoons Minute Tapioca

Line a 9-inch pie tin with ½ of paste rolled to ⅛-inch thickness. Mix cherries and sugar, and fill pie shell with mixture. Pour in cherry juice and sprinkle Minute Tapioca over fruit. Moisten edges of paste with cold water. Roll other half of paste to ⅛-inch thickness. Fold half the pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie. Press edges together, then with sharp knife trim off surplus pastry. Again press edges together with fork dipped in flour. Bake in hot oven (425° F.) 20 minutes, then decrease heat to moderate oven (350° F.) and bake 20 minutes longer, or until filling is cooked.

Minute Tapioca Cherry Pie

COCONUT CREAM PIE WITH JELLY

4 tablespoons Minute Tapioca
2 tablespoons sugar
¼ teaspoon salt
2 cups milk, scalded
2 egg yolks, slightly beaten
½ cup Baker's Coconut, Southern Style
½ teaspoon vanilla
1 baked 9-inch pie shell
1 glass currant or apple jelly
4 tablespoons sugar
2 egg whites, stiffly beaten

Add Minute Tapioca, sugar, and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg yolks, stirring vigorously. Return to double boiler and cook until mixture is thickened. Add coconut and vanilla and cool. Fill pie shell with tapioca mixture and spread with jelly.

Fold sugar into egg whites. Pile on jelly. Brown in moderate oven (350° F.) 15 minutes. Serve cold.

RHUBARB PIE

1 recipe Plain Paste
3½ cups rhubarb, cut in ½-inch pieces
1¾ cups sugar
3 tablespoons Minute Tapioca

Line a 9-inch pie tin with half of paste rolled to ⅛-inch thickness. Mix rhubarb and sugar and fill pie shell with this mixture. Sprinkle Minute Tapioca over top. Moisten edges of paste with cold water. Roll other half of paste to ⅛-inch thickness. Fold half the pastry back on the other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out the folded half after it is placed on pie. Press edges together. With sharp knife trim off surplus pastry. Again press edges together with fork dipped in flour. Bake in hot oven (425° F.) 20 minutes, then decrease heat to moderate oven (350° F.) and bake 20 minutes longer, or until filling is cooked.

This amount of Minute Tapioca may be used with all the less juicy fresh fruits, such as apples, peaches, blueberries, apricots, plums, and elderberries, to keep the juices from boiling over into the oven.

Duchess Soup (*see page* 18)

Soups

ICED FRUIT SOUP

1 glass currant jelly
1 cup hot water
1 cup raspberry juice
3 tablespoons lemon juice
¾ cup orange juice, strained
5 whole cloves
½-inch stick cinnamon
2 tablespoons Minute Tapioca
⅛ teaspoon salt
2 tablespoons sugar
1 cup pineapple juice

Dissolve jelly in water. Add raspberry, lemon, and orange juices, cloves, and cinnamon, and allow to stand 2 hours. Strain. Cook Minute Tapioca, salt, and sugar in pineapple juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cool. Add to first mixture. Chill thoroughly. Serve in bouillon cups with a few whole raspberries as a garnish. Serves 6.

DUCHESS SOUP

2 tablespoons Minute Tapioca
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon onion, minced
1 quart milk, scalded
2 tablespoons butter
¼ cup grated cheese
2 tablespoons parsley, chopped

Add Minute Tapioca, salt, pepper, and onion to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter, cheese, and parsley. Cook until cheese is melted. Serve with croutons or saltines. Serves 5.

SALMON BISQUE

1 tablespoon Minute Tapioca
1 tablespoon onion, chopped
2 tablespoons butter
1 teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon pepper
2 cups milk, scalded
1 cup salmon, shredded
1 tablespoon parsley, chopped
1 cup water or salmon stock
1 cup cream, whipped

Add Minute Tapioca, onion, butter, and seasonings to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add salmon, parsley, and water to first mixture. Reheat. Serve hot with tablespoon whipped cream on top. Serves 6.

HINDU SOUP

2 cups canned tomatoes
1 medium onion, chopped
1 tart apple, chopped
½ cup raw ham, chopped
⅛ teaspoon mustard
⅛ teaspoon pepper
½ teaspoon sugar
¼ teaspoon curry powder
1 quart soup stock
3 tablespoons Minute Tapioca
Salt

Simmer tomatoes, onion, apple, ham, and seasonings for 20 minutes. Rub through strainer. Add to stock in double boiler. Heat. Add Minute Tapioca. Cook 15 minutes or until tapioca is clear, stirring frequently. Serves 8.

TOMATO BISQUE

2 tablespoons Minute Tapioca
2 tablespoons butter
1½ teaspoons salt
⅛ teaspoon pepper
1 tablespoon sugar
1 pint tomatoes, strained and heated
3 cups milk or cream, scalded

Add Minute Tapioca, butter, salt, pepper, and sugar to tomato juice. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. When ready to serve, pour slowly into milk or cream. Serves 6.

Minute Tapioca with Vegetables

ESCALLOPED CAULIFLOWER AND HAM

1 small cauliflower, separated into flowerets
3 tablespoons Minute Tapioca
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
2 cups milk, scalded
½ pound boiled ham, chopped
Crumbs, buttered

Cook cauliflower in boiling, salted water until tender. Drain. Add Minute Tapioca, butter, salt, pepper, and paprika to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Put layer of tapioca mixture in greased baking dish, then layer of cauliflower and ham. Repeat, finishing with layer of tapioca mixture. Sprinkle with crumbs. Bake in moderate oven (350° F.) 20 minutes, or until brown. Serve with baked potato. Serves 6.

CORN ENTRÉE

1 green pepper, chopped
1 small onion, chopped
2 tablespoons butter
1 cup canned tomatoes
⅔ cup canned corn
2 tablespoons Minute Tapioca
½ teaspoon salt
⅛ teaspoon black pepper
Dash of Cayenne
1⅓ cups grated cheese

Sauté pepper and onion in butter until brown. Heat tomatoes and corn in double boiler. Add first mixture, Minute Tapioca, and seasonings. Cook 15 minutes, or until tapioca is clear, stirring frequently. Add cheese and stir until melted. Serve at once on toast or crackers. Serves 6.

ESCALLOPED CELERY AND TOMATOES

3 tablespoons Minute Tapioca
½ small onion, finely chopped
1 tablespoon sugar
½ teaspoon salt
⅛ teaspoon pepper
2 cups canned tomatoes
1 cup celery, thinly sliced
3 tablespoons butter
½ cup fine bread crumbs

Combine Minute Tapioca, onion, sugar, salt, pepper, and tomatoes. Cook in double boiler 10 minutes, or until slightly thickened, stirring frequently. Place half of tapioca mixture in greased baking dish, cover with layer of celery, and dot with 1 tablespoon butter. Repeat, using remaining tapioca mixture, celery, and 1 tablespoon butter. Melt remaining tablespoon butter, add crumbs, mix thoroughly, and sprinkle over top of celery. Bake, covered, in moderate oven (350° F.) 30 minutes, or until celery is tender. Uncover, and bake 5 minutes longer, or until crumbs are brown. Serves 6.

Fish and Meat

SHRIMP POTPOURRI

¼ cup Minute Tapioca
½ teaspoon salt
Dash of Cayenne
2½ cups milk, scalded
1 egg, slightly beaten
2 tablespoons butter
1 cup canned peas, drained
1 No. 1 can shrimps (about 1 cup)
½ cup stuffed olives, chopped
⅔ cup celery, diced
8 toast rounds, buttered

Cook Minute Tapioca, salt, and Cayenne in milk in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount over egg, stirring vigorously. Return to double boiler and cook 5 minutes. Add butter, peas, shrimps, olives, and celery. Reheat and serve on toast rounds. Serves 8.

MINUTE TAPIOCA SALMON CROQUETTES

3 tablespoons Minute Tapioca
½ teaspoon salt
⅛ teaspoon paprika
1 tablespoon green pepper, chopped
1 tablespoon pimiento, chopped
1 cup milk, scalded
1½ cups salmon, flaked
2 teaspoons lemon juice

Sifted crumbs, bread or cracker
1 egg, beaten with 1 tablespoon water

Add Minute Tapioca, salt, paprika, green pepper, and pimiento to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire, add salmon and lemon juice. Let mixture become cold. Shape into round balls, roll in crumbs, dip into egg, then roll again in crumbs. Fry in deep fat (390° F.) until golden brown (about 1 minute). Makes 8 croquettes.

Minute Tapioca Salmon Croquettes

BAKED FISH WITH MINUTE TAPIOCA DRESSING

¼ cup Minute Tapioca
¾ teaspoon salt
1 cup milk, scalded
1 cup hot water
2 pounds fish, for baking
1 teaspoon salt
⅛ teaspoon pepper
2 thin slices bacon or salt pork, or 4 tablespoons butter
2 onions, thinly sliced
1 green pepper, chopped
1 cup canned tomatoes

Add Minute Tapioca and ¾ teaspoon salt to milk and water and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Clean and wash fish. Sprinkle with salt and pepper. Gash fish and insert slices of pork, or dot with butter. Place fish on thin layer of vegetables in greased baking pan. Place remainder of vegetables around fish and pour tapioca mixture over all. Bake in moderate oven (350° F.) 1 hour or until fish is done, basting frequently. Serves 6.

CELERY AND TUNA SOUFFLÉ

1 cup celery, cut in ¼-inch cubes
1 cup boiling water
½ cup milk
1 teaspoon salt
½ teaspoon pepper
¼ cup Minute Tapioca
3 egg yolks, beaten until thick and lemon-colored
1 cup tuna fish, shredded
3 egg whites, stiffly beaten

Cook celery in boiling water 10 minutes. Drain, saving liquid. To this add milk, salt, pepper, and Minute Tapioca. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cool. Add egg yolks, celery, and tuna. Fold in egg whites. Turn into greased baking dish. Place in pan of water and bake in moderate oven (325° F.) 45 to 50 minutes. Serves 6.

Cheese and Tuna Soufflé

ESCALLOPED FISH OR MEAT

3 tablespoons Minute Tapioca
¾ teaspoon salt
1/16 teaspoon pepper
1½ cups milk, scalded
1 cup cooked fish or meat, coarsely cut
1 egg yolk, slightly beaten
1 egg white, stiffly beaten
¼ cup cracker crumbs
2 tablespoons butter

Add Minute Tapioca, salt, and pepper to milk and cook in double boiler 10 minutes, stirring frequently. Add fish or meat and cook 5 minutes more. Fold egg yolk into egg white and combine with tapioca mixture. Pour into greased baking dish, cover with cracker crumbs, dot with butter, and bake in moderate oven (350° F.) about 40 minutes, or until brown. Serve hot. Serves 4.

MEAT LOAF

2 thin 2-inch slices salt pork, diced
2 pounds round beef, ground
⅝ cup Minute Tapioca (10 tablespoons)
½ small onion, finely chopped
1 pint canned tomatoes, strained
2½ teaspoons salt
¼ teaspoon pepper

Try out salt pork until golden brown. Add pork and drippings to other ingredients and mix thoroughly. Bake in bread pan in hot oven (450° F.) 15 minutes, then decrease heat to moderate (350° F.) 30 minutes longer. Serve hot or cold. Garnish with parsley. Serves 8.

Note: Eggs and bread crumbs are unnecessary with Minute Tapioca to bind ingredients.

CHICKEN CROQUETTES

½ cup Minute Tapioca
1 cup milk, scalded
1½ cups hot chicken stock
2 cups cooked chicken, chopped
2 tablespoons green pepper, chopped
2 tablespoons pimiento, chopped
½ teaspoon salt
⅛ teaspoon paprika
Sifted crumbs, bread or cracker
1 egg, slightly beaten
2 tablespoons cold water

Cook Minute Tapioca in milk and stock in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add chicken, pepper, pimiento, salt, and paprika. Cook 5 minutes longer. Cool. Shape into small cones. Roll in crumbs, dip in egg, to which water has been added, then roll again in crumbs. Fry in deep fat (390° F.) until golden brown (about 1 minute). Serve with white sauce or creamed peas. Makes 12 croquettes.

SHEPHERD'S PIE

¼ cup Minute Tapioca
1 teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon pepper
1½ cups hot water
1 cup hot gravy or stock
1 onion, chopped
1 tablespoon parsley, chopped
1 tablespoon ketchup, or
2 teaspoons Worcestershire sauce
2 cups cooked meat, cut in cubes
2 cups mashed potatoes, seasoned

Add Minute Tapioca, salt, paprika, and pepper to water and gravy. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add onion, parsley, ketchup, and meat. Mix well. Pour into greased baking dish, spread potatoes over top and bake in moderate oven (350° F.) 20 minutes, or until potatoes are brown. Serves 6.

SOUTHERN GOULASH

¼ cup butter
1 pound hamburg steak
1½ teaspoons salt
¼ teaspoon pepper
2 cups canned tomatoes
½ cup water
¼ cup Minute Tapioca
1 green pepper, chopped
1 onion, chopped
1 cup grated cheese

Melt butter in top of double boiler over direct flame. Add meat, salt, and pepper, and brown slightly. Add tomatoes, water, Minute Tapioca, green pepper, and onion. Place over water and cook 30 minutes, stirring frequently. Just before serving add cheese and mix well. Serves 6.

LAMB STEW EN CASSEROLE

3 tablespoons Minute Tapioca
1 pound breast of lamb, cut in small pieces
2 cups canned tomatoes
1 small carrot, diced
3 small onions, sliced
1 medium potato, diced
1¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons butter, melted

Mix all ingredients in greased casserole. Bake, covered, in moderate oven (350° F.) 1 hour, or until meat is tender, stirring occasionally. Serve with baked potatoes. Serves 6.

BACON DELIGHTS

3 tablespoons Minute Tapioca
1½ cups canned tomatoes, strained
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon mustard
6 slices bread
Cheese, sliced thin
6 slices bacon

Cook Minute Tapioca and tomato juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add seasonings. Arrange bread in baking pan. Cover each slice with cheese and a generous tablespoon of tomato mixture. Place 1 slice bacon on top of tomato. Bake in hot oven (450° F.) until bacon is crisp and brown. Serves 6.

BREADED MINUTE TAPIOCA WITH BACON

½ cup Minute Tapioca
1 teaspoon salt
¼ teaspoon pepper
2 cups milk, scalded
Bacon, sliced thin
Flour

Cook Minute Tapioca, salt, and pepper in milk in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour into small, wet, deep pan. Chill thoroughly. Unmold and cut in ⅓-inch slices. Fry bacon until crisp. Remove from pan. Dip tapioca slices in flour and fry until golden brown. Serve with bacon. Garnish with celery. May be used as vegetable with meat. Serves 4.

Egg *and* Cheese Dishes

MINUTE TAPIOCA OMELET

½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons Minute Tapioca
¾ cup milk, scalded
1 tablespoon butter
4 egg yolks, beaten until thick and lemon-colored
4 egg whites, stiffly beaten

Add salt, pepper, and Minute Tapioca to milk and cook in double boiler 10 minutes, stirring frequently. Add butter. Combine with egg yolks, stirring constantly. Fold in egg whites. Pour into hot buttered frying pan. Cook over low flame 17 minutes. (Omelet is cooked when a knife inserted comes out clean.) Dry top of omelet in slow oven (275° F.) 5 minutes. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Serves 6 rather than 4 as usual.

TOMATO RABBIT

2 tablespoons Minute Tapioca
¼ teaspoon salt
1/16 teaspoon paprika
1 cup milk, scalded
1 cup canned tomato soup
1 cup grated cheese

Add Minute Tapioca, salt, and paprika to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add tomato soup and cheese. Cook until cheese is melted. Serve on crackers or toast. Serves 4.

Minute Tapioca Omelet

MINUTE TAPIOCA CHEESE CROQUETTES

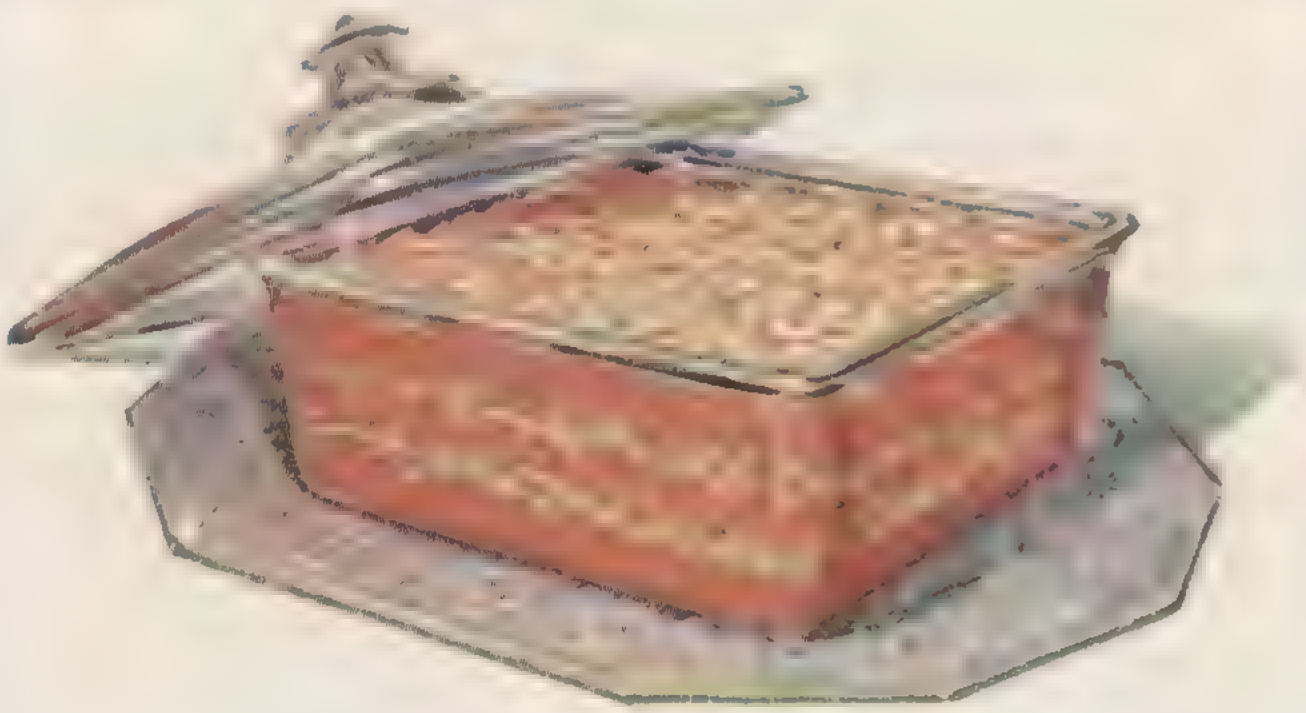
½ cup Minute Tapioca
½ teaspoon salt
2 cups milk, scalded
1 cup grated cheese
Sifted bread crumbs
1 egg, slightly beaten
2 tablespoons water
Tart jelly or stuffed olives

Add Minute Tapioca and salt to milk. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese, mix thoroughly, and cook a few minutes longer until cheese is melted. Cool mixture. Shape into round balls. Roll in crumbs. Flatten slightly and make a depression in center of upper side. Dip in egg, to which water has been added, then roll again in crumbs. Fry in deep fat (390° F.) until golden brown (about 1 minute). Place a cube of jelly or an olive in each depression. Makes 10 croquettes.

ESCALLOPED CHEESE AND OLIVES

1 small onion, finely chopped
1 tablespoon butter
1½ cups tomato, strained
3 tablespoons Minute Tapioca
½ teaspoon salt
½ teaspoon sugar
⅛ teaspoon paprika
½ cup grated cheese
18 ripe or stuffed olives, coarsely chopped
Crumbs, buttered

Brown onion in butter. Add tomato, Minute Tapioca, salt, sugar, and paprika. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place layer of tapioca mixture in greased baking dish, cover with cheese, add layer of olives, then remainder of tapioca mixture. Cover with crumbs. Bake in moderate oven (350° F.) 20 minutes. Serves 4.



Escalloped Cheese and Olives

SHIRRED EGGS

¼ cup Minute Tapioca
1 teaspoon salt
1 teaspoon sugar
1/16 teaspoon paprika
1 teaspoon onion, chopped
1 pint canned tomatoes, strained
4 eggs
¾ cup grated cheese
1 teaspoon parsley, chopped

Cook Minute Tapioca, salt, sugar, paprika, and onion in tomato juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour into greased baking dish. Make 4 slight depressions in sauce and break an egg into each. Sprinkle with cheese. Bake in moderate oven (350° F.) 15 minutes, or until eggs are firm. Serve hot, garnished with parsley. Serves 4.

CHEESE SOUFFLÉ

3 tablespoons Minute Tapioca
1 cup milk, scalded
1 cup grated cheese
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten with 1 teaspoon salt

Cook Minute Tapioca with milk in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese and stir until melted. Cool. Add egg yolks and mix well. Fold in egg whites. Bake in greased casserole in pan of water in moderate oven (350° F.) 50 minutes, or 30 minutes in ramekin dishes. Soufflé is done when it shrinks a trifle and is brown. Serves 4.

When made with Minute Tapioca and properly baked, soufflés will not fall.

Sandwich Fillings

MINUTE TAPIOCA SANDWICH FILLING

2 tablespoons Minute Tapioca
1 pint canned tomatoes, strained and heated
2½ cups grated cheese (½ pound)
1¼ cups dried beef, ground fine (¼ pound)
⅛ teaspoon pepper
¼ teaspoon mustard
¼ teaspoon Worcestershire sauce

Add Minute Tapioca to tomato juice and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese gradually, and stir until it is melted. Remove from fire, add dried beef and seasonings and allow to cool before spreading on bread. Makes 2½ cups filling.

FISH SALAD SANDWICH FILLING

3 tablespoons Minute Tapioca
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 cup hot water
1 tablespoon hot vinegar
1 tablespoon butter
⅓ cup Hellmann's Blue Ribbon Mayonnaise
½ cup pickles, chopped
2 tablespoons pimiento, chopped
1 cup tuna or any cooked fish

Add Minute Tapioca, salt, pepper, and paprika to water and vinegar. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire, add butter, and cool. Add mayonnaise, pickles, and pimiento to fish. Combine two mixtures. Spread when cold. Makes 2 cups filling.

CHEESE AND OLIVE SANDWICH FILLING

3 tablespoons Minute Tapioca
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 cup milk, scalded
2½ cups grated cheese (½ pound)
½ teaspoon mustard
1 teaspoon Worcestershire sauce
¾ cup stuffed olives, chopped

Add Minute Tapioca, salt, pepper, and paprika to milk. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese slowly, stirring until it is melted. Remove from fire. Add mustard; cool, then add Worcestershire sauce and olives. Makes 2 cups filling.

EGG SALAD TAPIOCA SANDWICH FILLING

3 tablespoons Minute Tapioca
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper
4 hard-cooked eggs, finely chopped
¼ cup chopped celery
2 tablespoons chopped sweet pickles
2 tablespoons liquid from pickles, or
1 tablespoon mild vinegar and
1 tablespoon Hellmann's Blue Ribbon Mayonnaise
1 teaspoon Worcestershire sauce
Dash of tabasco sauce

Cook Minute Tapioca with milk, salt, and pepper in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cool. Combine remaining ingredients in order given and add to tapioca mixture. Spread on buttered rye, white, or whole wheat bread and cut in desired shapes. Makes 2 cups filling.

MEAT SALAD SANDWICH FILLING

3 tablespoons Minute Tapioca
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 cup tomato pulp, strained and heated
¼ teaspoon mustard
1 cup cold cooked meat, ground

Add Minute Tapioca, salt, pepper, and paprika to tomato pulp and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire, add mustard, and cool. Combine with meat and spread on bread.

Variation 1

Cook Minute Tapioca with salt, pepper, and paprika in water or meat broth instead of tomato. Cool.

Add the following ingredients to meat:

2 tablespoons onion, grated
¼ cup pickles, chopped
2 tablespoons pimiento, chopped
⅓ cup Hellmann's Blue Ribbon Mayonnaise

Combine with tapioca and spread. Makes 1⅔ cups filling.

MINCED HAM TAPIOCA SANDWICH FILLING

3 tablespoons Minute Tapioca
1 cup water
1 tablespoon vinegar
¼ teaspoon salt
¼ teaspoon pepper
½ pound boiled ham, ground
¼ cup sweet pickles, finely chopped
1 tablespoon scraped onion
1 tablespoon Hellmann's Blue Ribbon Mayonnaise

Cook Minute Tapioca with water, vinegar, salt, and pepper in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Mix ham, pickles, onion, and mayonnaise. Combine with tapioca mixture. Cool. Spread on buttered white or rye bread and cut in desired shapes. Makes 2 cups filling.

FRUIT-NUT TAPIOCA SANDWICH FILLING

1 cup dried figs
1½ cups water
3 tablespoons Minute Tapioca
⅛ teaspoon salt
1 cup dates, ground
½ cup nut meats, chopped
1 tablespoon lemon juice
½ teaspoon cinnamon

Cook figs in water until softened (about 5 minutes). Drain. To 1 cup of the liquid add Minute Tapioca and salt, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Put cooked figs through food chopper and mix with dates, nuts, lemon juice, and cinnamon. Combine with tapioca mixture. Cool. Spread on buttered whole wheat or Graham bread and cut in desired shapes. Makes 3 cups filling.

Other Uses for Minute Tapioca

FIG FILLING

1½ tablespoons Minute Tapioca
¼ teaspoon salt
1 cup hot water
3 tablespoons sugar
Juice ½ lemon
½ tablespoon butter
¾ cup figs, chopped
¼ cup walnuts, chopped

Cook Minute Tapioca and salt in water in double boiler 10 minutes, stirring frequently. Add sugar, lemon juice, butter, and figs and cook 10 minutes longer. Remove from heat and add nuts. Cool and spread between layers of cake. Makes enough filling for a two-layer cake.

May also be used as a spread or filling for cookies.

CRANBERRY RELISH

½ cup Minute Tapioca
¼ teaspoon salt
¼ cup raisins
1 quart cranberry juice and pulp, strained and heated
1 cup sugar
¼ cup walnuts, finely chopped
4 oranges, peeled, sliced, and quartered

Cook Minute Tapioca, salt, and raisins in cranberry liquid in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Combine nuts and oranges and add to tapioca mixture. Chill, and serve as sweet relish with fowl or meat.

LEMON SAUCE

3 tablespoons Minute Tapioca
2 cups hot water
2 tablespoons butter
¾ cup sugar
3 tablespoons lemon juice
2 teaspoons grated lemon rind
8 marshmallows, cut in small pieces

Cook Minute Tapioca in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add other ingredients. Cook until marshmallows are melted. Serve hot, poured over cake. Serves 6.

MINUTE TAPIOCA TOMATO SAUCE

1 pint canned tomatoes, heated
2 tablespoons Minute Tapioca
½ teaspoon salt
1 tablespoon sugar
1 tablespoon butter
1 teaspoon onion juice

Cook tomatoes, Minute Tapioca, salt, sugar, butter, and onion juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Serve with meat loaf or omelet. Serves 6.

APRICOT AND PINEAPPLE CONSERVE

½ pound dried apricots
2 cups water
1 cup pineapple juice
¼ cup Minute Tapioca
1½ cups pineapple, finely cut
½ cup seedless raisins
½ cup nuts, coarsely chopped
2 cups sugar
1/16 teaspoon cloves
⅛ teaspoon salt

Wash apricots and soak over night in water. Simmer in same water until soft. Force through sieve. Add remaining ingredients. Cook in double boiler 2 hours, or until tapioca is clear and mixture is thickened, stirring frequently. Pour into hot jelly glasses. Seal with paraffin, if not to be used at once. Fills 6 glasses.

ORANGE COCONUT FILLING

¼ cup Minute Tapioca
⅛ teaspoon salt
1 cup hot water
½ cup orange juice
3 tablespoons lemon juice
1 teaspoon butter
½ cup sugar
Grated rind ½ orange
Grated rind ½ lemon
½ cup Baker's Coconut, Southern Style

Cook Minute Tapioca and salt in water in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add orange and lemon juices, butter, sugar, rind, and coconut. Mix well. When cold, spread between layers of cake. Makes enough filling for two layers.

MAPLE MOUNTAIN FROSTING

1 tablespoon Minute Tapioca
½ cup hot water
1 cup brown sugar
½ tablespoon vinegar
1 teaspoon vanilla
1 egg white, stiffly beaten
½ cup nuts, chopped

Cook Minute Tapioca in water in double boiler 30 minutes, stirring frequently. Add brown sugar and vinegar and boil over direct heat, stirring constantly, until syrup threads when dropped from spoon. Add vanilla and pour slowly over egg white, beating with egg beater until mixture is of right consistency to spread. Add nuts. Makes enough frosting for a two-layer cake.

This is a "never fail" frosting. It does not dry or crack. Also delicious as a filling for layer cake or Washington pie.

MINUTE TAPIOCA STUFFING

¼ cup Minute Tapioca
¾ teaspoon salt
⅛ teaspoon pepper
1½ cups hot water
2 medium slices salt pork or bacon, diced
1 small onion, finely chopped
1 to 2 teaspoons powdered sage
2 cups dry bread, diced

Cook Minute Tapioca, salt, and pepper in water in double boiler 15 minutes, stirring frequently. Try out bacon or salt pork. Add meat to Minute Tapioca, reserving fat in pan. Add onion and sage to bread, and brown mixture in tried-out fat. Combine with tapioca mixture. Cool dressing enough to handle and stuff fowl.

Why Minute Tapioca is Valuable

A Modern and Convenient Tapioca

IN the past twenty years has come unprecedented help to the housewife through the amazing advances in modern methods of food manufacture. Tapioca is an example of this.

There was a day when pearl tapioca was the only tapioca available. Long hours were necessary to prepare it; its use was definitely limited by its texture and it often came to the table in a sad, half-cooked state.

Now Minute Tapioca, the modern form, has taken its place. Perhaps you do not realize how different a product this is. But you do know that it has a delicate, smooth texture, that it is easily and quickly prepared, and that it is an unparalleled basic ingredient for countless delicious desserts.

But have you tried a Minute Tapioca Cheese Soufflé? Here is a delicious soufflé that literally melts in your mouth—and, what is more, one that *stays light* while it is being served and eaten.

Also, do you know the satisfaction of making juicy berry pies that do not boil over and burn in the oven? If not, use Minute Tapioca in the filling and see how perfectly it keeps the juices within the pie.

Minute Tapioca is a tapioca, ready for instant use without soaking and requiring only a few minutes cooking; a tapioca capable of infinite uses besides puddings; a tapioca that can be used all through the menu from soup to dessert.

The Function of Minute Tapioca as a Food

The science of nutrition grows more comprehensive each year. Women, in their homes, have access to more and more information about how to choose the proper foods to feed a family that wants to grow strong and healthy. Each day's food must supply sufficient quantities of protein and minerals for

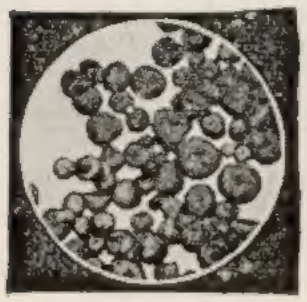
building body tissues; water, certain minerals, and vitamins for regulating bodily functions; carbohydrates and fats for supplying adequate energy.

Energy is required for every movement of the body. Sixty per cent of the day's meals should consist of carbohydrates in order to supply sufficient energy for the body. How essential it is then to vary this large amount in order to avoid monotony! And to have carbohydrate in a form that is economical, simple to prepare, and easily digested. Minute Tapioca ideally meets all of these requirements.

An Easily Digested Carbohydrate

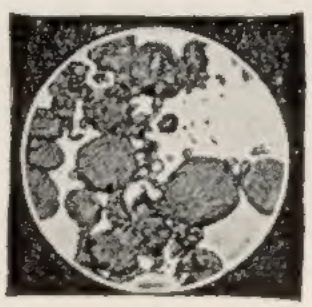
Minute Tapioca is one of the most easily digested of the carbohydrates. The photomicrographs on this page show why. Because tapioca cells are so small, they afford a ready supply of energy with very little tax on the digestive system. Minute Tapioca comes to you already partially cooked. Our cooking process bursts many of the tiny granules, partially converting them into dextrin and making them readily digestible.

TAPIOCA

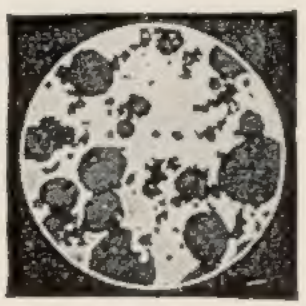


POTATO

WHEAT



BARLEY



Minute Tapioca in Child Feeding

Mothers have always relied on tapioca pudding as one of the few desserts really good for children. And tapioca combines ideally with milk and eggs—two foods which children need daily.

Now Minute Tapioca has completely solved the problem of healthful desserts for children, for this modern tapioca has made it possible for mothers to make not one, but dozens of *different* tapioca desserts, each one as nourishing as the old-fashioned tapioca pudding. Now that there is such a tempting variety of tapioca desserts, mothers find it possible to serve this wonderful family dessert several times a week.

Growing children who spend their strength in tireless activity must be fed plenty of the energy-producing carbohydrates. And Minute Tapioca is the ideal carbohydrate because it is pure nourishment in an easily digested form.

Minute Tapioca also affords an ideal way of serving fresh and stewed fruit which is so good for children. Any fruit can be made into a tempting dessert simply by pouring a delicate tapioca cream over it. The busiest mother can make this delicious dessert in a very few minutes.

Tapioca may well assume an important place in the child's diet as early as the eighteenth month. During the third year a large bowl of tapioca porridge may frequently serve as the child's entire supper. Children may safely be given their share of many of the more elaborate "grown-up" tapioca desserts, for tapioca is one of the few desserts that doctors recommend for children.

MINUTE TAPIOCA CO., Inc.

ORANGE, MASS.

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